

Prevention- Smart Parents Intervention

Presented by:

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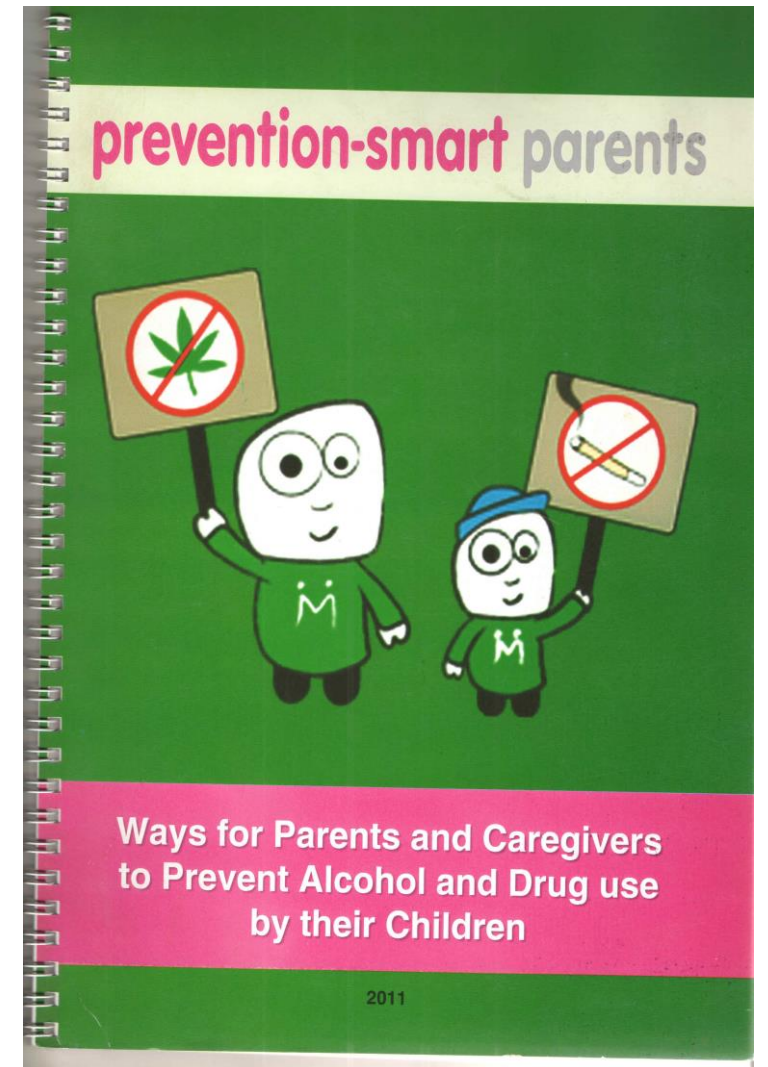
2023 AFRO Region
Webinar

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Organised by:

Uganda Alcohol
Policy Alliance
(UAPA)

WDD Commemoration
With the theme"
*People first: stop
stigma and
discrimination,
strengthen
prevention"* we at
UYDEL would like to
focus on Strengthening
Families as a major
approach using the
Prevention – Smart
Parents intervention



**Four big ideas
behind
Strengthening
Families - PSP**

Focus on protective factors

An approach, not a model

A changed relationship with
parents

Alignment with developmental
science

Prevalence, Trends and Context of alcohol and Drug abuse in Uganda

- Around 275 million people used drugs worldwide in the last year of unprecedented upheaval caused by the COVID-19 pandemic, up by 22 percent from 2010
- There is a significant increase in the use of cannabis during the pandemic
- The World Drug Report 2021 indicates that the Number of drug users in Africa is projected to rise by 40 per cent by 2030
- Rising web-based sales could transform global drug use patterns
- COVID-19 has triggered innovation in drug prevention and treatment services

Reference: UNODC's World Drug Report 2021

Prevalence, Trends and Context of alcohol and Drug abuse in Uganda

NEWS .P5

Muslim council postpones general assembly as new constitution delays



Feature Galogitho caught up in past as he sets eyes on future.....p.32-33



SUNDAY MONITOR

People & Power
NUP division: Self-inflicted crisis or divide and rule?
 ...p.32-33

The growing crisis of drug abuse in schools

Crisis: The ingenuity of school-goers in masking contraband substances has left school administrators and parents chasing shadows. With traditional schools not known to mislay their moral compass also sucked into the problem, the road ahead looks bleak...P.4-5

MAIRUNGI



Side effects: Constipation, dental disease, dizziness, headaches, hemorrhoids, impotence, irritability, high blood pressure.

HEROIN



Side effects: Increased blood pressure, fast heart beat, anxiety, irritability, depression, vomiting, liver damage, sleep disorder, suicidal thoughts.

CIGARETTES



Side effects: Lung damage, heart disease, fertility problems, diabetes, weakened immune system, vision problems, cancer.

MARIJUANA



Side effects: Altered senses, impaired body movement, difficulty with thinking, impaired memory, delusions, psychosis.

COCAINE



Side effects: Irritability, paranoia, decreased appetite, seizures, heart disease, sexual trouble, lung damage, bowel decay, loss of smell, nose bleed.

ALCOHOL



Side effects: Alcohol poisoning, risky sexual behaviours, high blood pressure, heart disease, digestive problems, cancer, weakened immune system.



THE LIZARD

LOOKS LIKE TEAM UNIVERSITY ISN'T EXACTLY A TEAM PLAYER!



NEWS .P5

Teacher arrested over sodomising 18 pupils

NEWS .P3

Plot thickens in row over Kenyan senator's degree

NEWS .P3

Unatu sets conditions for returning to class



Proportion of agyws using alcohol and other drugs(2018-2019)



DISTRICT	AGYWs served		Ever Used Alcohol and other drugs		Percentage of AGYWs served that have ever used Alcohol and Other drugs	
	15-19	20-24	15-19	20-24	15-19	20-24
Mityana	1923	1370	895	916	47%	67%
Luweero	7054	6182	5466	4300	77%	70%
Kassanda	1841	1142	644	399	35%	35%
Mubende	4423	2637	2653	2201	60%	83%
Bukomansimbi	1402	1115	540	431	39%	39%
Gomba	2101	1799	768	586	37%	33%
Sembabule	4207	3809	2120	1360	50%	
TOTAL	22951	18054	13086	10193	57%	56%
GRANDTOTAL	41005		23279		57%	

Drugs that are commonly abused in Uganda include;

- **Alcohol**
- **Marijuana**
- **Khat (mairungi).**

All these are locally produced

Other drugs commonly abused are prescription medicines including pethidine (a pain killer) and Ephedrine.

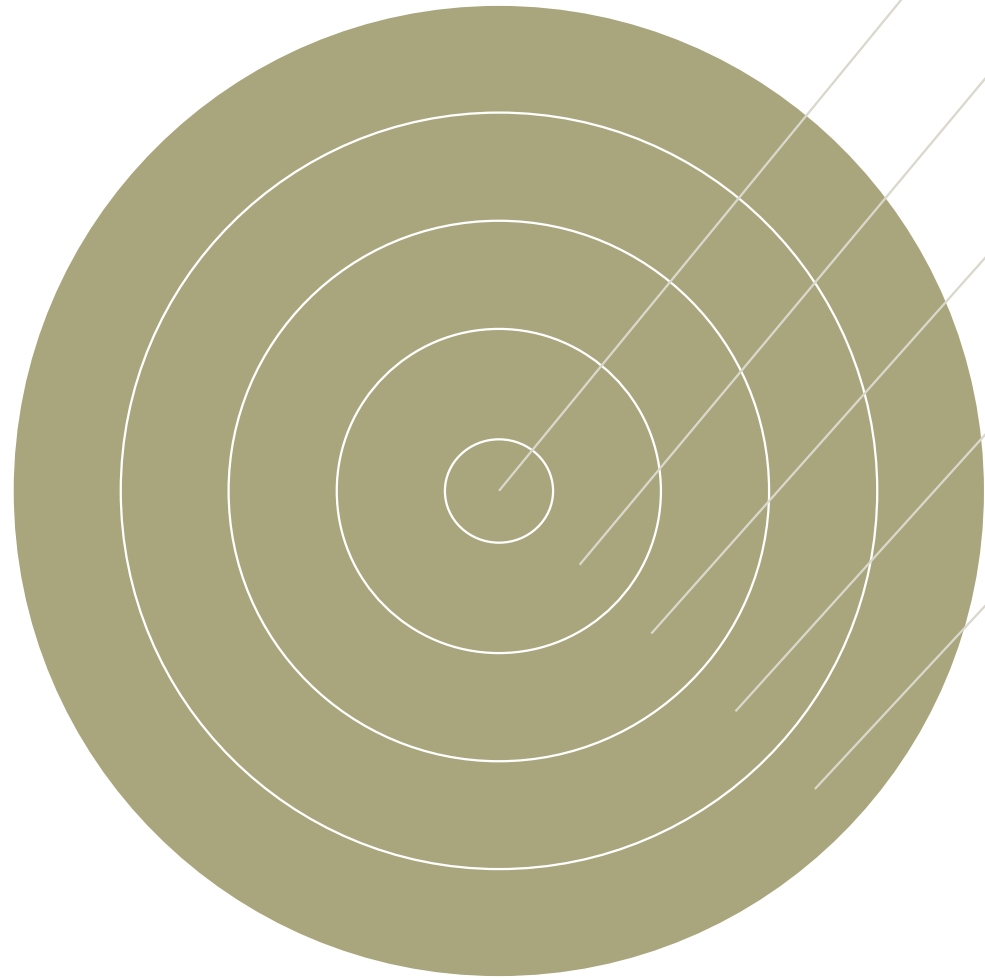
There are also reports that show an increase in the use of hard drugs such as:

- **Cocaine**
- **Heroin and**
- **Methamphetamines**

**Prevention Smart
Parents Model -
Engages Families
and communities
as a vital in
building Key
Protective Factors
for children**

- **Working with families and youth is at the core of a good family-centered practice**
- To conduct assessment, case planning, and case management successfully, caseworkers must be skilled in **communicating with children, youth, and families** to help them strengthen **interpersonal, parenting, and problem-solving skills**
- Strengthening Families is a research-informed approach to increase **family strengths, enhance child development, and reduce the likelihood** of children starting to use and abuse drugs and substances

**Prevention
Smart Parents
is based on
engaging
families,
programs, and
communities in
building five key
Protective
Factors
including:**



Parental resilience: Managing stress and functioning well when faced with challenges, adversity and trauma

Social connections: Positive relationships that provide emotional, informational, instrumental and spiritual support

Knowledge of parenting and child development: Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development

Concrete support in times of need: Access to concrete support and services that address a family's needs and help minimize stress caused by challenges

Social and emotional competence of children: Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships

The Pathway to Improved Outcomes for Children and Families

Everyday Actions That Help Build Protective Factors

Everyday Actions

- Demonstrate in multiple ways that parents are valued
- Honor each family's race, language, culture, history and approach to parenting
- Encourage parents to manage stress effectively
- Support parents as decision-makers and help build decision-making and leadership skills
- Help parents understand how to buffer their child during stressful times

- Help families value, build, sustain and use social connections
- Create an inclusive environment
- Facilitate mutual support around parenting and other issues
- Promote engagement in the community and participation in community activities

- Model developmentally appropriate interactions with children
- Provide information and resources on parenting and child development
- Encourage exploration of parenting issues or concerns
- Provide opportunities to try out new parenting strategies
- Address parenting issues from a strength-based perspective

- Respond immediately when families are in crisis
- Provide information and connections to other services in the community
- Help families to develop skills and tools they need to identify their needs and connect to supports

- Help parents foster their child's social emotional development
- Model nurturing support to children
- Include children's social and emotional development activities in programming
- Help children develop a positive cultural identity and interact in a diverse society
- Respond proactively when social or emotional development seems to need support

Protective Factors

Parental Resilience

Social Connections

Knowledge of Parenting and Child Development

Concrete Support in Times of Need

Social and Emotional Competence of Children

Results

Strengthened Families

Optimal Child Development

Reduced Likelihood of Child Abuse and Neglect

**Prevention
Smart Parents
Intervention
Focuses on**

Educating Parents and families about drugs and their dangers

Understanding why some young people use drugs

How to talk with your child or teen about drug use

Steps parents and families can take if your child is already experimenting or using drugs

Strengthening parents and families' efforts to raise healthy children by trying to help to prevent their involvement with drugs

Key Elements of working with PSP include:

Engaging
families and
youth;

Providing
direct
assistance
with
challenges
the family is
facing,
including
counselling,
parent
coaching,
and
modelling;

Continuing
to assess—
with the
family—their
strengths,
needs, and
progress.

Emphasizes the importance of use of clear, positive communication between a caregiver/ parent and their children

Suggested Activity

- What are the things that concern you most about your children's behavior - either now or as you face the future? Make a list
- Ask a trusted friend or relative or neighbor the same question and compare your lists.
- Are you alone? Or do all of us have real concerns about what our children do and the way they behave?

Remember : YOU ARE NOT ALONE!

Key Note

It is Important to try
and become

**PREVENTION-
SMART**

as it will help you
discover how we can
improve our
communications with
our children

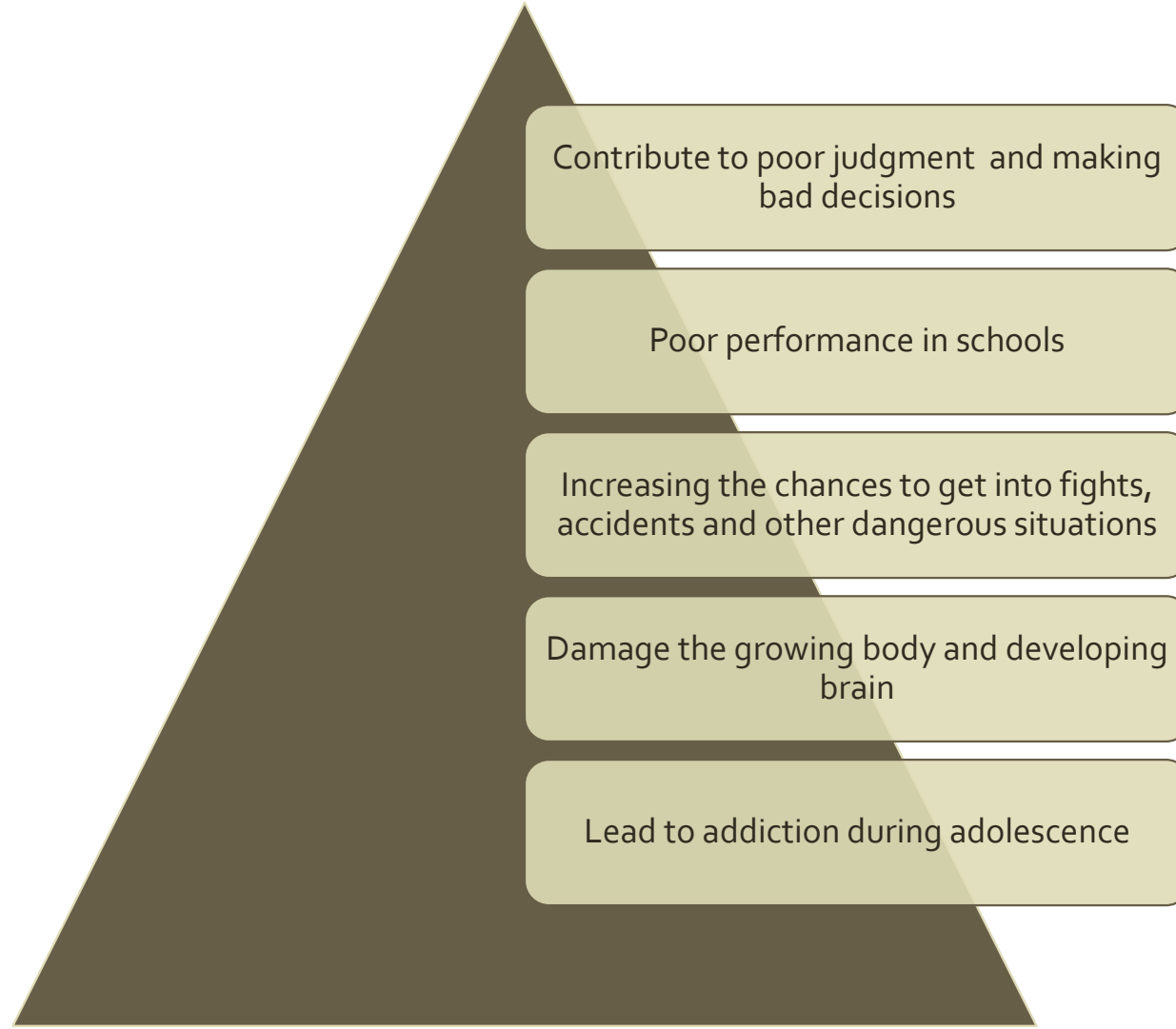
You are not Alone

Why Do Teenagers act the way they do?

- It is important to note that Teenagers do not grow in isolation: they are influenced by all that happens around them and this begins at an early age.
- Among the most important influences are: **Parents, caregivers, family, community and schools**
- Other influences include: **Genetics/ sense of identity, separation from families, imitation or modeling of behaviors of adults, TV stars, celebrities; and others arising from their perception and experiences/ social environment**

“As search you need to be Prevention-smart:
Be the person you want your children to grow up to be.”

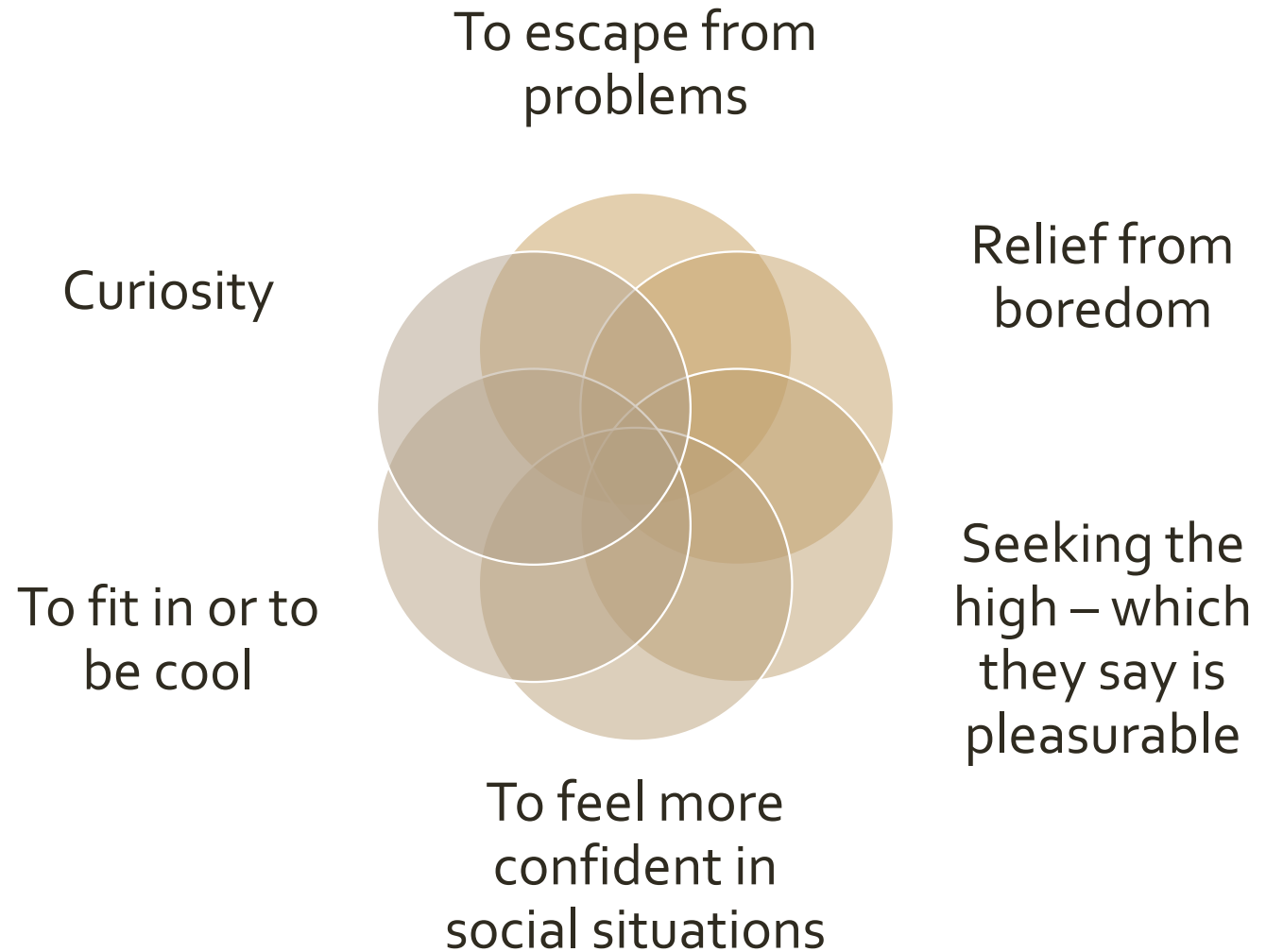
**Reality is that
drug use can
harm
teenagers in
several ways:**



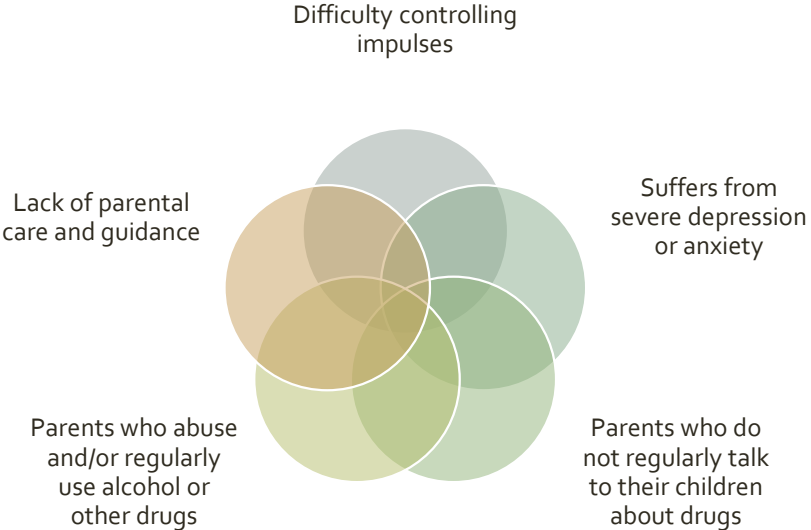
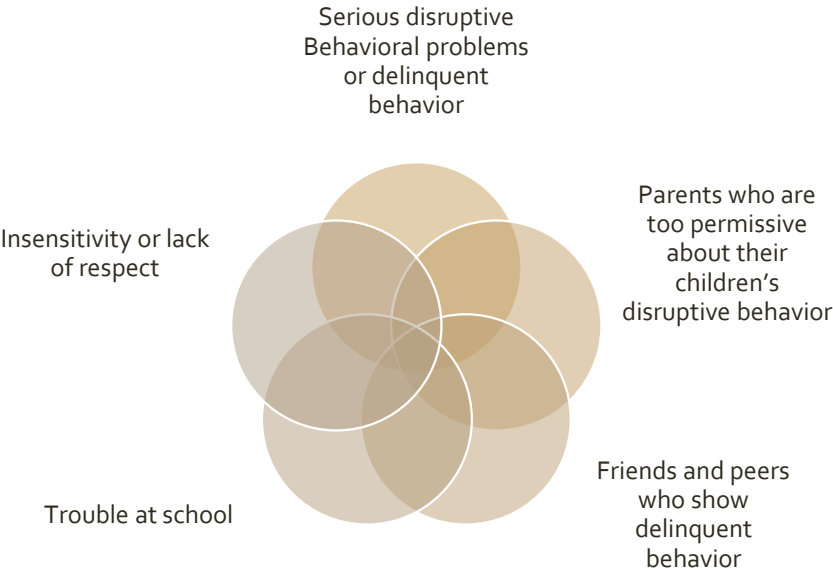
Facts Check



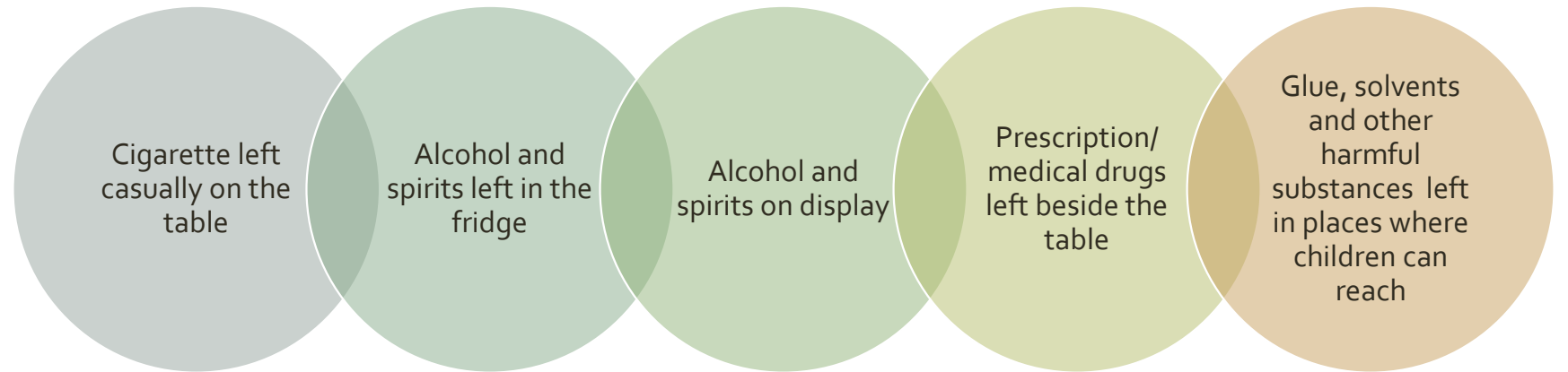
Why do some young people use drugs? (Risk Factors)



Common Risk Factors



Risks in the home



Reasons why not all teenagers use drugs

Disapproval of drug use by significant people in their lives

Fear of legal consequences

Has a strong interest in being responsible and a good role model

Develop future career goals

Uses spare time positively e.g. several hobbies, a part-time job, voluntary work

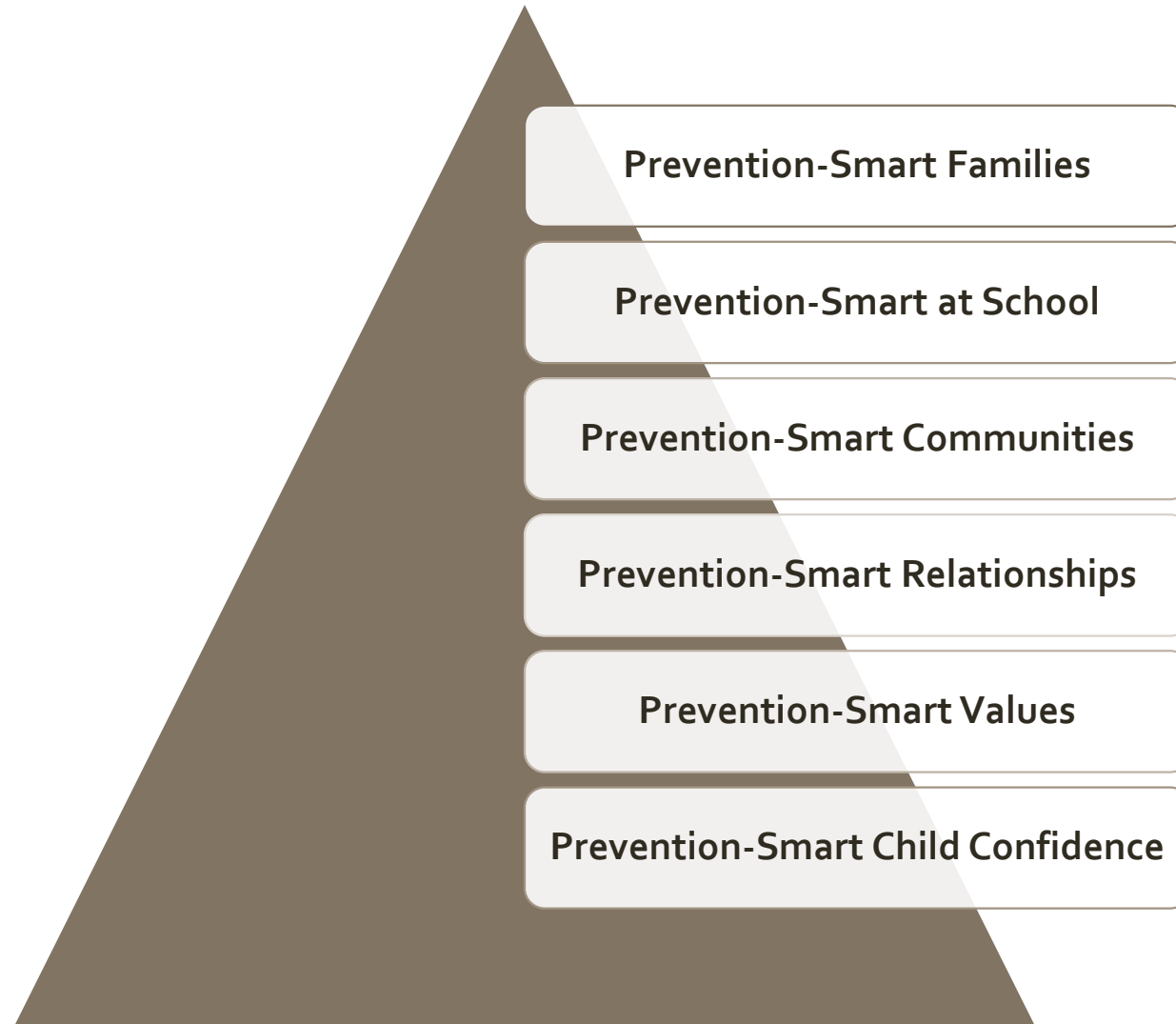
Has negative prior experience with drugs

Fear for addiction

Concern about losing control

Has several alternatives sources for excitement e.g. sports, theater, music and other school interests

How do I protect my child from drugs? (Protective Factors)



Reflect on:

**Your
Parenting
style**

**The way you
show support
to your
children**

**The way you
communicate
with your
child**

**If and how
you discuss
issues relating
to health and
drugs**

Communication, Discipline and Support

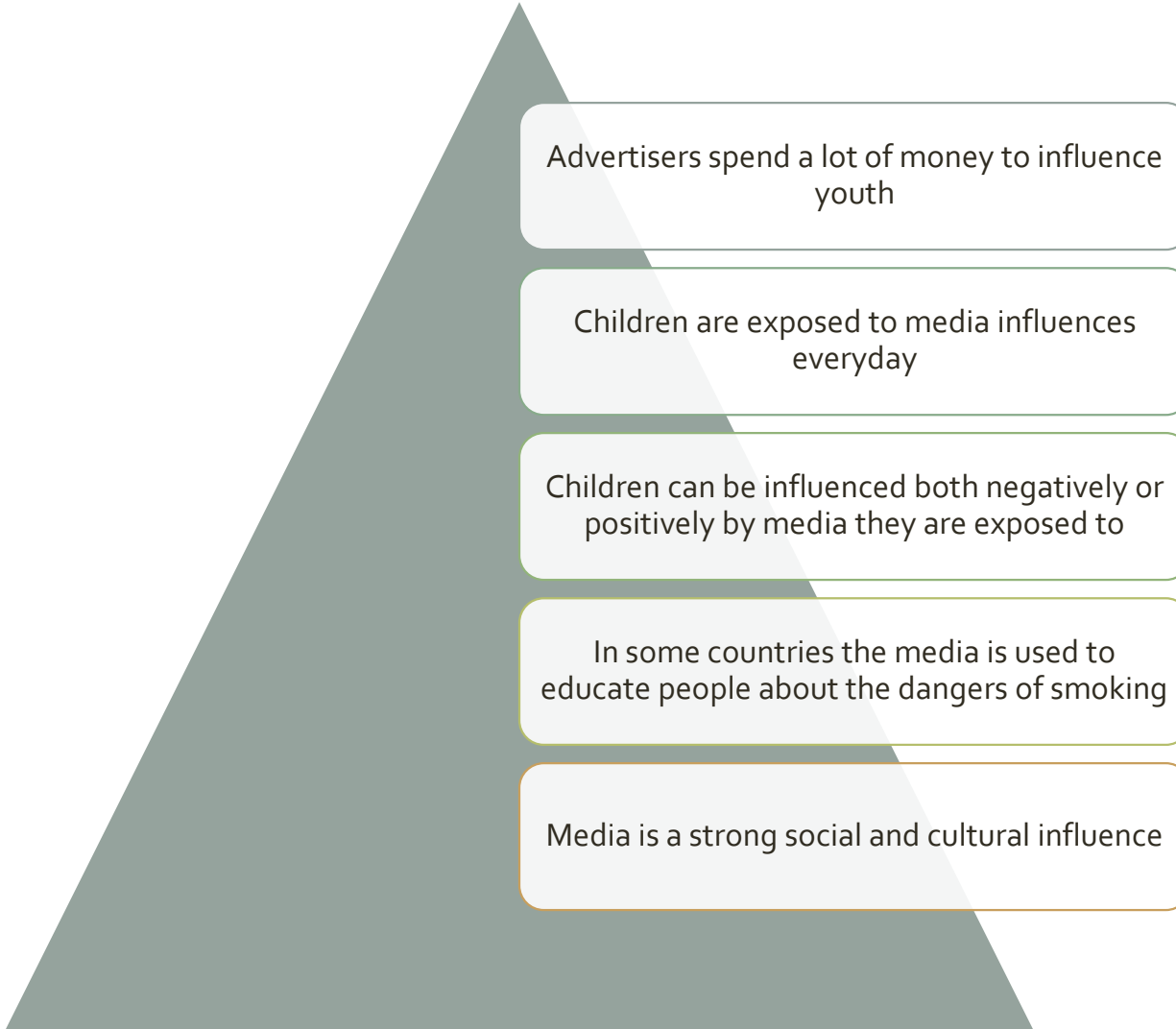
Practice speaking with effective communication skills. Practice what you want to say.

Use sentences that start with the words;

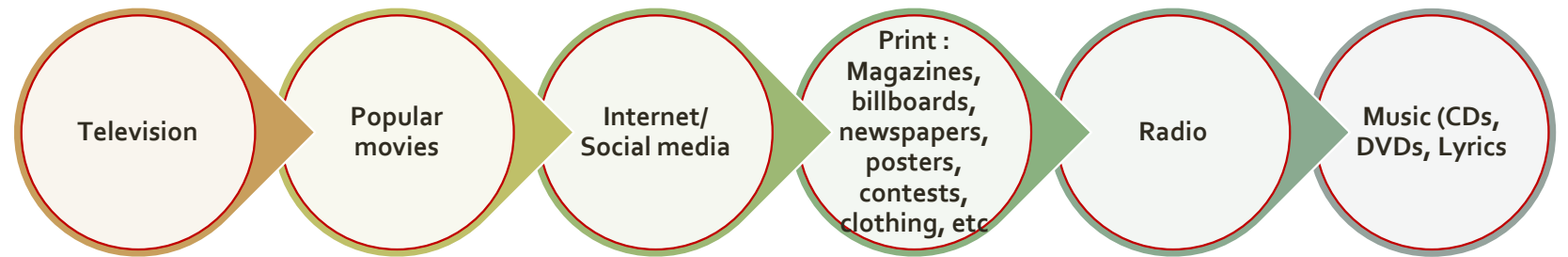
“I think.....”, “I feel....”, or “I want....”, instead of “You should.....” or “you must.....”

For example: Instead of “ Stop hanging out with your friends who smoke!” Try: “I do not want you to smoke, and when you are with your friends who smoke, I worry that you are influenced by them to smoke too.”

Does Media make a difference?



Common types of media used to advertise alcohol, tobacco and other drugs



Keep in Mind: that even at a very young age, children remember and associate with commercials that promote alcoholic brand names

What can a Prevention- Smart Parent do?

Monitor what your child watches (Parental Control options)

Limit the time your child watches Television

Set guidelines for what your child watches

Avoid using television as a baby sitter

Keep the television out of children's bedrooms

Talk to your child about what they are watching

Limit your child's use of electronics

What can a Prevention- Smart Parent do?

Don't watch Television during meals

Don't make the Television the focal point of the room

Frequently check the search history to know what sites your child is visiting

Limit the time your child spends on the internet

Learn about what artists your child listens to

Set guidelines on what your child can purchase

Ask your child what they think about drug use promotion in music

What to do if my teenager is using drugs

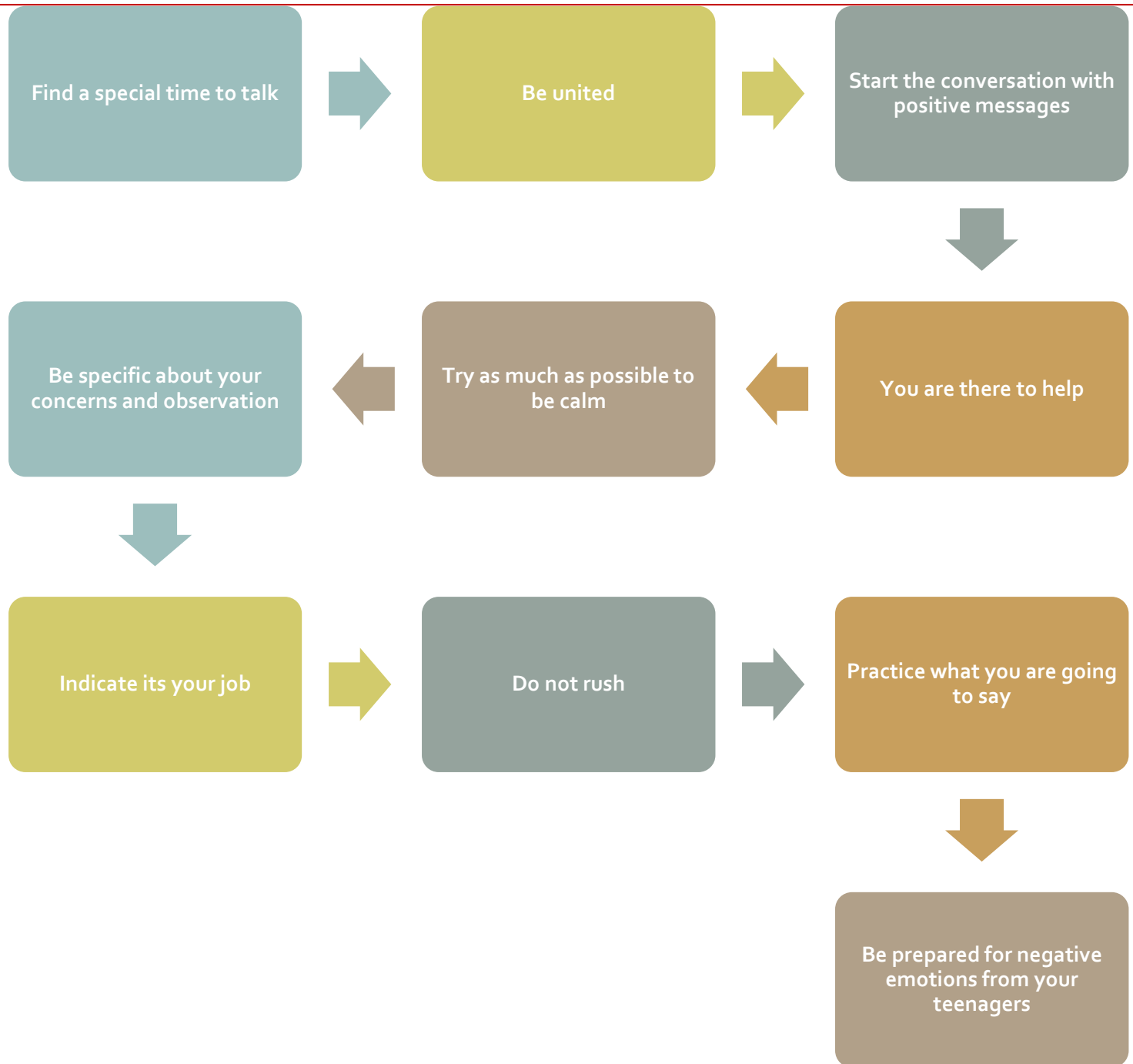
Parents need to talk to children about their drug use

Children who start using drugs at an early age are more likely to continue using, use more potent drugs, and to develop problems with their drug use

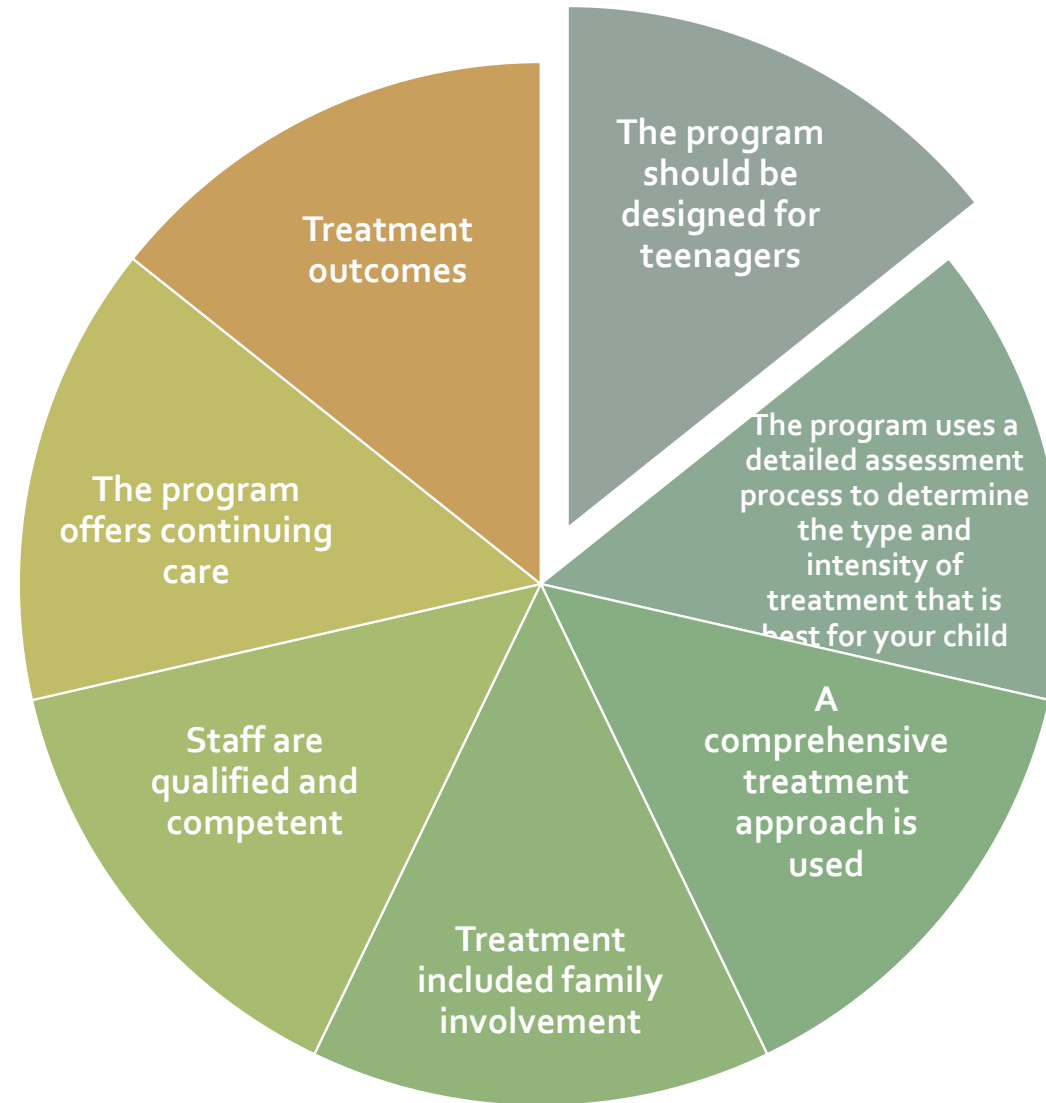
Recognizing your own uncomfortable feelings about your child may actually help you understand some of what your child may be thinking when you have this conversation

Key Note: Remember that youth rely on parents or caregivers to keep them safe, even when their behavior suggests they don't need you for that anymore

Steps to focus the conversation and keep it positive



How do you select a good program for treatment



PARENTAL RESILIENCE

Being a parent can be a very rewarding and joyful experience. But being a parent can also have its share of stress. Parenting stress is caused by the pressures (stressors) that are placed on parents personally and in relation to their child:

- typical events and life changes (e.g., moving to a new city or not being able to soothe a crying baby)
- unexpected events (e.g., losing a job or discovering your child has a medical problem)
- individual factors (e.g., substance abuse or traumatic experiences)
- social factors (e.g., relationship problems, feelings of loneliness and isolation)
- community, societal or environmental conditions (e.g., persistent poverty, or a natural disaster)

Numerous researchers have concluded that how parents respond to stressors is more important than the stressor itself in determining the outcomes for themselves and their children. Parents are more likely to achieve favorable outcomes if they are resilient. Resilience is the process of managing and functioning well even when facing challenges, adversity and trauma.

Some stressors parents face can be easily so that problems get resolved. For example, calling a relative or friend to pick up a child from school when a parent is late. But some stressors cannot be easily resolved. For example, parents cannot "fix" developmental disability, or a child who has suffered as a child or be able to escape a crime-plagued neighborhood. Parents who are resilient when they face these challenges call forth their inner strength to meet the most personal challenges and to their child, manage adversity, and to their families are able to see the effects of trauma and thrive given the unique characteristics and circumstances of their family. Demonstrating resilience increases parents' self-efficacy because they are able to see

1 of 5

strengthening families

SOCIAL CONNECTIONS

KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT

CONCRETE SUPPORT IN TIMES OF NEED

People need people. Parents need people who care about them and their children. For well-informed parents, that means call on informants:

No parent knows everything about children or is a "perfect parent." An understanding of parenting strategies and child development helps parents understand what to expect in each developmental phase. All parents, those who work with children, can benefit from increasing their knowledge and understanding of child development, including:

- physical, cognitive, language, social and emotional development
- signs indicating a child may have a developmental delay and needs special services
- cultural factors that influence parenting practices and the perception of children's behaviors that promote or inhibit healthy child outcomes
- discipline and how to positively impact child behavior

Gaining more knowledge about child development and developing greater skills in parenting are particularly important given the recent advances in the fields of neuroscience, pediatrics and developmental psychology. Scientists in these fields have provided much evidence of the critical importance of early childhood as the period in which the foundation for intellectual, social, emotional and moral development is established. Furthermore, numerous research studies show this foundation is determined by the nature of the young child's environments and experiences that shape early brain development.

Developing brains need proper nutrition, regularly scheduled periods of sleep, physical activity and a variety of stimulating experiences. Developing brains also need consistently emotionally available parents and other primary caregivers who recognize and consistently respond to the needs of young children, and interact with them in an affectionate, sensitive and nurturing manner. Such care gives rise to the development of a secure attachment between the child and the adult. Young children with secure attachments develop a sense of trust, feel safe, gain self-confidence and are able to explore their environments because they feel they have a secure base.

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CSSP'S PROTECTIVE AND PROMOTIVE FACTORS

The Center for the Study of Social Policy (CSSP) works to create new ideas and promote public policies that produce equal opportunities and better futures for all children and families, especially those most often left behind. The foundation of all of CSSP's work is a child, family and community well-being framework that includes a focus on protective and promotive factors. Using an ecological perspective:

- protective factors are attributes of individuals, families, communities or the broader environment that minimize risk
- promotive factors are attributes of individuals, families, communities or the broader environment that maximize well-being

SOCIAL-EMOTIONAL COMPETENCE OF CHILDREN

Early childhood is a period of both great opportunity and vulnerability. Early childhood experiences set the stage for later health, well-being and learning. In the past, most of the focus was on building young children's academic skills in an effort to ensure they were prepared for school. However, in recent years a growing body of research has demonstrated the strong link between young children's social-emotional competence and their cognitive development, language skills, mental health and school success. The dimensions of social-emotional competence in early childhood include:

- self-confidence - good feelings about oneself
- self-esteem - being open to new challenges and willing to explore new environments
- self-efficacy - believing that one is capable of performing an action
- self-regulation/self-control - following rules, controlling impulses, acting appropriately based on the context
- personal agency - planning and carrying out purposeful actions
- executive functioning - staying focused on a task and avoiding distractions
- patience - learning to wait
- persistence - willingness to try again when first attempts are not successful
- conflict resolution - resolving disagreements in a peaceful way
- communication skills - understanding and expressing a range of positive and negative emotions
- empathy - understanding and responding to the emotions and rights of others
- social skills - making friends and getting along with others
- morality - learning a sense of right and wrong

Children who have experiences such as these are able to recognize their and others' emotions, take the perspective of others and use their emerging cognitive skills to think about appropriate and inappropriate ways of acting. Conversely, research shows children who do not feel remorse or show empathy may not be able to form secure attachments and may lack social-emotional competence skills and have a difficult time resolving conflicts with their peers. Evidence shows, however, that early and appropriate interventions that focus on social-emotional development can help to mitigate the effects of negative experiences in ways that lead to improved cognitive and social-emotional outcomes.

These dimensions of social-emotional competence do not evolve naturally. The course of social-emotional development—whether healthy or unhealthy—depends on the quality of nurturing attachment and stimulation that a child experiences. Numerous research studies show that a relationship with a consistent, caring and attuned adult who actively promotes the

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strengthening families

Acknowledgements



**THANK YOU
FOR YOUR
ATTENTION**



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